Introduction

- Retrospective data show that compliance to adjuvant endocrine therapy with aromatase inhibitors (AI) varies between the standard and educational arm. We aimed to evaluate whether improved compliance and persistence can be achieved by using additional educational material via mail during the first 12 months of therapy. The primary aim was to improve self-reported compliance and persistence to adjuvant treatment with anastrozole.

Methods

- Randomized, multi-centre, parallel group study with 109 breast centers in Germany, Austria, Switzerland, and Belgium.
- Retrospective data show that compliance to adjuvant endocrine therapy with aromatase inhibitors (AI) varies between the standard and educational arm. We aimed to evaluate whether improved compliance and persistence can be achieved by using additional educational material via mail during the first 12 months of therapy. The primary aim was to improve self-reported compliance and persistence to adjuvant treatment with anastrozole.

Results

- Compliance was determined by the patient’s self-assessment using the validated question “How often have you taken the tablets?” (0 – never, 1 – more than 20%, 2 – less than 20%, 3 – less than 10%, 4 – more than 75%, 5 – nearly all, 6 – always). The variables affecting compliance or persistence were identified using statistical methods. Several factors appeared to impact positively on patient compliance, such as age, education level, employment status, and the presence of concomitant diseases.

Discussion

- Regardless of the method of calculating compliance and persistence, the improvement in compliance and persistence with the educational arm will be expected to be realized in other patient populations as well. This result may be due to a better understanding of the importance of treatment adherence and the role of educational interventions in improving patient compliance. The educational material provided in the PACT program was well-received by patients and healthcare professionals.

Summary and conclusions

- At 24 months, the factors associated with improved compliance and persistence were identified, and the PACT program was shown to be effective in improving patient compliance and persistence. The educational material provided in the PACT program was well-received by patients and healthcare professionals. The results of this study suggest that educational interventions can improve patient compliance and persistence in adjuvant endocrine therapy.

For more detailed information on the PACT programme please go to worsystems.de.